



**“10 Weeks To The 10-Miler”  
Run for the Water Training Program**



Voted in 2007 as Austin's best new race and in '08 as Austin's favorite race, the fourth annual Run for the Water is yet again a marquee event on the central Texas racing calendar. Produced by the Gazelle Foundation, the 10-Miler features a downtown course with a west Austin twist, hitting the scenic routes through Tarrytown before making the descent back to Lake Austin Boulevard. Whether you're a seasoned veteran of the race or this will be your first, come train under the guise of former NCAA Champion Gilbert Tuhabonye - the man who designed the course and brings the race to you each and every year! Over 10 weeks you will gain a broad understanding of training philosophy, race strategy, nutrition, and more! Workouts include hills, core strengthening, intervals, tempos, fartleks and long runs.

**START DATE:** Monday, August 23rd, 2010

**CLASS OPTIONS:** Far West – M/W 5:45 AM (Coach Sonya Manson)  
Circle C – T/Th 6:00 AM (Coach Bernard Manirakiza)  
RunTex – M/W 5:30 PM (Gilbert)  
ALL – Saturday 6:00 a.m.

**COST:** \$160 (\$135 for returning Gazelles)

**LOCATIONS:** Far West, Circle C, RunTex Riverside

**HIGHLIGHTS:**

- Customized training calendar tailored to your needs
- 15% discount at all RunTex locations
- 4 Free Boot Camp/Core Classes per week
- On-site physical therapists
- Video Analysis of your running form
- Bonus stretching on Saturdays
- Online forum, videos, Gazelle gear

Questions? Email [info@gilbertsgazelles.com](mailto:info@gilbertsgazelles.com) or call 512.589.1310.